

Smith Senior Center — JUNE 2017

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
<b>A.H.O.Y.</b> Smith Senior Center M, T, W, Th, S M, W 9:15 am 5:30 pm Lewis Center M, W, F 9:15 am Leonard Center M, W, F 10:30 am Brown Center Tu, Th 9:15 am Peeler Center Tu, Th 10:30 am Griffin Center Tu, Th, S 10:30 am Lindley Center Tu, Th 2:15 pm			<b>Enjoy coffee in the Lounge</b> <b>Monday - Friday</b> <b>9 am - 12 noon</b>			<b>*Registration Required</b>  <b>**Drop-in Fee Required</b>						<b>1</b> 8:30 Strength/Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym <b>10:00 Legal Services*</b> <b>Rm 2</b> 10:00 Cards & Games Lounge <b>10:30 Tai Chi for Rehab</b> <b>Gym</b> <b>11:30 Healthy Cooking Demo</b> <b>Rm 1</b> 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2			<b>2</b> 9:15 Chair Yoga Gym <b>10:00 Adult Coloring Books*</b> <b>Rm 1</b> 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 1:00 Cards & Games Gym 5:00 Table Tennis Gym			<b>3</b> 9:15 AHOY Gym		
<b>4</b>			<b>5</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 <b>10:00 AARP Smart Driver Class*</b> <b>Rm 2</b> 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym <b>12:00 Tai Chi for Rehab</b> <b>Gym</b> 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym <b>6:00 Grief Support Group</b> <b>Rm 2</b> 6:00 Aqua Fit Class* Pool			<b>6</b> 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool <b>11:30 Birthday Potluck &amp; Bingo</b> <b>Rm 1</b> 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym			<b>7</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool <b>10:00 Tour Homeland Creamery*</b> <b>Van</b> 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool			<b>8</b> <b>10:00 - 1:00 50+ Forum</b> <b>Speakers, Vendors &amp; Food</b> 8:30 Senior Swim Pool <b>NO BALANCE CLASS</b> <b>NO CARDIO SCULPT</b> 10:00 Cards & Games Rm 1 <b>NO TAI CHI</b> 11:00 Water Arthritis Class* Pool <b>1:30 Osteoporosis Group</b> <b>Rm 1</b> 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool			<b>9</b> 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool <b>12:00 Booked for Lunch Club</b> <b>Rm 1</b> 1:00 Cards & Games Gym 5:00 Table Tennis Gym			<b>10</b> 9:15 AHOY Gym      <b>8:00 Greensboro Social Dance—</b> <b>Lewis Rec. Center</b>		
<b>11</b>			<b>12</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym <b>12:00 Tai Chi for Rehab</b> <b>Gym</b> 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym <b>6:00 Grief Support Group</b> <b>Rm 2</b> 6:00 Aqua Fit Class* Pool			<b>13</b> 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym			<b>14</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym <b>9:30 Trip to Wytheville*</b> <b>Bus</b> 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool			<b>15</b> 8:30 Strength/Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 <b>10:30 Tai Chi for Rehab</b> <b>Gym</b> 11:00 Water Arthritis Class* Pool <b>12:00 Home Burglary Prevention*</b> <b>Rm 1</b> 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool			<b>16</b> 9:15 Chair Yoga Gym <b>10:00 Adult Coloring Books*</b> <b>Rm 1</b> 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 1:00 Cards & Games Gym 5:00 Table Tennis Gym <b>6:00 Grasshoppers Game*</b> <b>Van</b>			<b>17</b> 9:15 AHOY Gym		
<b>18</b>			<b>19</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym <b>12:00 Tai Chi for Rehab</b> <b>Gym</b> <b>1:00 Garden Club Meet &amp; Greet</b> <b>Rm 1</b> 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym <b>6:00 Grief Support Group</b> <b>Rm 2</b> 6:00 Aqua Fit Class* Pool			<b>20</b> 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym <b>9:30 Bingo</b> <b>Rm 1</b> 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool <b>12:00 Lunch Bunch*</b> <b>Van</b> 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym			<b>21</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool			<b>22</b> 8:30 Strength/Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 <b>10:30 Tai Chi for Rehab</b> <b>Gym</b> 11:00 Water Arthritis Class* Pool <b>1:00 Burlap Flag Wreath Class*</b> <b>Rm 1</b> 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool			<b>23</b> <b>9:00 Wilmington Trip Sign-up</b> 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool <b>1:00 Movie: “La La Land”</b> <b>Rm 1</b> 1:00 Cards & Games Gym 5:00 Table Tennis Gym			<b>24</b> 9:15 AHOY Gym  <b>7:00 - 11:00</b> <b>Community Yard Sale &amp;</b> <b>Pancake Breakfast</b>		
<b>25</b>			<b>26</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym <b>12:00 Tai Chi for Rehab</b> <b>Gym</b> 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym <b>6:00 Grief Support Group</b> <b>Rm 2</b>			<b>27</b> 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym			<b>28</b> 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 <b>10:00 BP &amp; Glucose Checks</b> <b>Lounge</b> 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym			<b>29</b> 8:30 Strength/Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 <b>10:30 Tai Chi for Rehab</b> <b>Gym</b> 11:00 Water Arthritis Class* Pool 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool			<b>30</b> 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool <b>12:00 4th of July Cookout*</b> <b>Outside</b> 1:00 Cards & Games Gym 5:00 Table Tennis Gym			<b>1</b> 9:15 AHOY Gym		